

BODY DYNAMIX

GET STARTED • 10 DAYS | \$10

XBURN. \$149/month. High Intensity Interval Training (HIIT) Group Classes! We crank up the Def Leppard or Salt-N-Pepa, and guide you through timed exercise stations for a combination of full body strength, cardio, and fun!

SCHEDULE: M-Th @ 6:15p Sat @ 9:15a |times added with demand|

XPERFORM. 1 month unlimited \$330. 3 months \$295/month. 6 months \$260/month.

Semi-private personal training designed for athletes to excel towards peak performance. You will receive a personalized monthly workout program based on your goals, sport/position, ability level, and time of your athletic season, to be executed semi-privately with your BDX Performance Trainer.

XONE. \$75-100/session. 1-on-1 personal training + customized nutrition plan. Receive the highest level of support and expertise as you work privately with your BDX Fitness Trainer towards your general health, lifestyle, fitness, and aesthetic goals.

XBEAST. \$349/2 months. We have created the ultimate lean muscle building regimen for people really looking to put it on without gaining fat in the process. Jump on this 2 month workout and nutrition program, and witness your muscles developing like you never knew was possible!

WHAT'S YOUR **X** FACTOR?



FITNESS **X** SERIES

@BDXSPORTSMED TARZANA, **CA**